

Blackberry Butterscotch Tart

Special Tools and Equipment

[Silikomart Tarte Ring Square 80mm](#)

Sieve

[Disposable Piping Bags](#)

[Piping Tips](#)

[Bench Scrapers / Mould Scrapers](#)

Maple Tart Shells

Wet

100g (½ cup) water

15g (1 tbsp) cold pressed sesame or nut oil

75g (⅓ cup) maple syrup, xylitol or honey

75g (½ cup) cashews, soaked and rinsed

15g (¼ cup) psyllium husk

Dry

60g (⅓ cup) oat flour

60g (½ cup) ground almonds

15g (1 ¼ tbsp) coconut flour

Method

1. Blend the first set of ingredients until smooth, except psyllium.
2. Add the psyllium and pulse to incorporate.
3. Mix the last set of ingredients together in a mixing bowl.
4. Add the contents of the blender and mix well with your hands until it comes together.

5. Allow to set 5 minutes, to firm up.
6. Form the dough into a ball and dust with oat flour.
7. Roll the dough out on teflex or greaseproof paper, dust the dough with some more oat flour, to $\frac{1}{8}$ - $\frac{1}{4}$ inch thickness.
8. Cut the dough into rounds just slightly larger than the diameter of the forms you're using.
9. Press the dough into the form, removing the excess. Use a little water to help keep it clean, tidy and smooth.
10. Place on a mesh tray and dehydrate at 115f or higher for 6 hours or until the shell is dry but with some give left in it.
11. Allow to cool before removing from the forms by running a paring knife along the inside of the tart form and gently pushing it down and out of the mould through the bottom.

Blackberry Jam

- 400g (3 cups) frozen blackberries, thawed
- 60g ($\frac{1}{4}$ cup + $\frac{1}{2}$ tbsp) xylitol, coconut sugar or maple syrup
- Pinch sea salt
- 6 drops vanilla medicine flower extract - dark or light
- 4 drops blueberry II medicine flower extract

Stove Top Cooking

1. Combine all ingredients in a saucepan and cover with lid.
2. Pop on the hob/stove on medium-high heat, covered, until it's gently bubbling and then uncover and reduce to a simmer.
3. Reduce by $\frac{1}{3}$ - $\frac{1}{2}$ (see video for visual reference).
4. Remove from the heat and blend till smooth.

5. Sieve to remove seeds.
6. Bring to room temp and then fill the tart shells with blackberry jam.
7. Dehydrate about 6-8 hours on 115f or until the top is firm with a little give when gently pressed. See video for visual reference.
8. Cool tarts before piping creams on top.

Raw Method

1. Combine all ingredients in a bowl, crushing the berries slightly as you mix.
2. Place the whole bowl in the dehydrator for 8-14 hours on 115f.
3. Stir the jam every 4-8 hours to avoid getting a skin on top and keep is consistent.
4. Once it's reduced by half or so, remove from the dehydrator and allow to cool at room temperature.
5. When it's cool, you will get a sense of how thick it is, if it's not thick enough, dehydrate longer.
6. It should be reduced by $\frac{1}{2}$ - $\frac{1}{3}$ - see video for reference - blend until smooth.
7. Sieve to remove seeds.
8. Bring to room temp and then fill the tart shells with blackberry jam.
9. Dehydrate about 6-8 hours on 115f or until the top is firm with a little give when gently pressed. See video for visual reference.
10. Cool tarts before piping creams on top.

Butterscotch Cream

- 75g (¾ cup) fresh young coconut meat, pat dry
 - 50g (½ cup) cashews – soaked 1 hour and rinsed
 - 75g (¾ cup) light maple syrup
 - 50ml (¼ cup) water
 - Pinch sea salt
 - 6-8 drops vanilla medicine flower extract
 - 6 drops butterscotch medicine flower extract
 - 6 drops medicine flower extract
 - 1 tsp tamari
 - Pinch celtic sea salt
 - 50g (¼ cup) coconut oil, melted
 - 50g (¼ cup) cacao butter, melted

 - ½ tbsp - 1 tbsp [Roxy & Rich Natural Purple Colour Powder](#)
 - 10g (1 tbsp) coconut oil
1. In a high speed blended process first set of ingredients until smooth. Use the tamper stick to keep it all moving.
 2. Pour ½ into a container and set in the fridge.
 3. Mix together the oil and purple powder and add to the blender contents.
 4. Pour into a container and set in the fridge until firm - about 4 hours in the fridge and 2 hours in the freezer.
 5. Use these creams to pipe on top of the tart as you wish, or as demonstrated in the video.
 6. These tarts store well in the fridge for up to 5 days or in the freezer for 2 months - always store in an airtight container.